



Colonial League

Sub-Varsity Meet
Wednesday, April 25th, 2018
Rain Date: Monday, April 30th, 2018



1. We are discouraging top performing athletes(Please do not send an athlete that would qualify for post-season meet in the event seeded)
2. All athletes must be entered via Hy-Tek entry file
3. No Team Scoring
4. This will be a SEEDED meet. Athletes will be assigned lanes/alleys on the track. Field event athletes must be entered on the Hy-Tek entry file.
5. Track Events: All runners will be seeded on TIME. Runners without times will run first. Fastest runners will be seeded to run in the fast/last heat.
6. This event will use a PIAA starter.

RUNNING EVENTS

Events will run in order immediately after the previous race

3:30	Girls	100M Hurdles
	Boys	110M Hurdles
	Girls/Boys	100M Dash
	Girls/Boys	1600M Run
	Girls/Boys	400M Dash
	Girls/Boys	300M Hurdles
	Girls/Boys	800M Run
	Girls/Boys	200M Dash
	Girls/Boys	3200M Run
	Girls/Boys	4 x 400M Relay

FIELD EVENTS

3:30 Girls/Boys Javelin – Open lane until 4:30

3:30 Girls/Boys Shot Put – Open circle until 4:30

3:30 Girls/Boys Pole Vault – Starting Height is 6'0"

Bar will be at 6'0" for 20 minutes, 6'6" for 15 minutes and then the bar will be raised 6" every 10 minutes until all competitors have been eliminated. If all competitors clear the height, the bar will be raised. The bar will not be lowered. If there are less than 3 competitors, the bar will be raised 3".

3:30 Girls/Boys High Jump – Starting Height is 4'0"

Bar will be at 4'0" for 20 minutes, 4'2" for 15 minutes and then the bar will be raised 2" every 10 minutes until all competitors have been eliminated. If all competitors clear the height, the bar will be raised. The bar will not be lowered. If there are less than 3 competitors, the bar will be raised 1".

3:30 Girls/Boys Long Jump – Open pit until 4:30pm

4:30 Girls/Boys Triple Jump – Open pit until 5:30pm

4:30 Girls/Boys Discus – Open circle until 5:30pm